

## Comments on Notice of Inquiry, ET Docket No. 13-84

Dear members of the FCC,

The current RFR limits have impacted my well-being and caused me to experience health problems.

My symptoms began in late 2009 when I realized that every time I used my cell phone, I would get a bad headache. I realized shortly thereafter that my recurring headaches happened whenever I used a cell phone, wi-fi on my computer, or was near a person using a bluetooth hands-free device. I could not go into coffee houses with free wi-fi, because I started noticing a pattern of headaches and cardiac arrhythmia (heart palpitations) whenever I stayed in such an environment for more than a few minutes.

I stopped using my wireless router at home and hard-wired everything to a Cat-5 Ethernet network because I began to hear a machine-gun fire clicking noise at night when I was about to fall asleep. Later, after I educated myself on the dangers of RFR and purchased a high-frequency RF meter, I realized the clicking noises were the sound of the high-frequency microwave pulses coming from my wireless router, which are inaudible to most people except the RF sensitive. My sleeping improved tremendously, and the feeling of unrelenting fatigue and a lingering dull headache in the mornings was gone.

My health and sleeping improved dramatically until a smart meter was installed on my home without my consent when I was on vacation. Immediately, I noticed persistent migraine-type headaches whenever I worked in the kitchen, the side of the house where the smart meter was installed. During complete power failures, the headaches were non-existent and my body felt relaxed and able to rest. Now I avoid working in the kitchen for long periods unless I wear RF shielding garments, which help somewhat to mitigate my headaches and fatigue.

Now, with the proliferation of smart phones with wi-fi, Bluetooth, and 4G and 5G data streams, I cannot be within three feet of someone with an iPhone, Blackberry, or similar high-powered smart phone without getting headaches, nausea, heart palpitations, and brain fog (impaired higher critical thinking/reasoning skills). I cannot be in the same room as a 2.4GHz cordless phone without experiencing brain fog, intense headaches, nausea, and cardiac arrhythmia.

I forego public places and gatherings as much as possible because of the saturation of personal wireless technology, and I have had to stop attending my church because the church installed a commercial grade wi-fi system for the sanctuary so people could use their iPads and interactive Bibles during the service. The first Sunday I attended after the installation, I had to leave after about ten minutes because my headaches and nausea were so intense. A few subsequent visits with the same symptoms

told me it was the wi-fi. This kind of thing happens frequently, leaving me feeling isolated and unable to participate in the good things in life and society.

I cannot fly on a commercial flight that is wi-fi enabled without significant pain and suffering and a weakened my immune system, resulting in me frequently catching colds and viruses whenever I have to travel by air for long distances.

I have to find hotels with wired internet connections and specific deployment of their wireless, cooperation with the hotel engineer, and the availability of rooms that are far enough away from wi-fi access nodes to allow me to sleep and avoid becoming ill whenever I stay in a hotel. For a period of about two years, I did not stay in a commercial hotel and bought an RV so I could camp in state parks and other places without wi-fi. However, now state parks and most RV campgrounds are equipped with wi-fi transmitters and/or smart electric meters, so the problem has become so widespread that there seems to be no safe place anymore where I can stay.

Furthermore, finding a house in a place without cell tower radiation is next to impossible in urban areas where jobs are available. The ability for an individual to lease out space in his back yard or office parking lot for a cell tower is ridiculous, and it makes it very difficult for people who are sensitive to know if their neighborhood is going to become a radiation war zone overnight.

I work from home helping others with RFR sensitivity and have pretty much given up on ever working in a traditional office environment because of the prevalence of wireless technology in the workplace. Many people I know who are sensitive deal with constant headaches and health problems simply because they don't know that their quality of life could be improved if they eliminated or reduced their RFR exposure. Many do not have the choice of reducing their exposure because of where they live, dependence upon a specific job, etc. One of my clients has a 4 year old son with severe behavioral problems and learning challenges which completely disappeared after reducing his exposure to RFR and electrical fields inside the home. It makes me wonder how many other ADHD children and autism spectrum children could be helped by simple improvements in their RFR environment.

This type of pulsed microwave radiation has been shown to affect delicate cardiac rhythms, and medical doctors advise any patient with a pacemaker to avoid cellular microwave radiation; however, many people with pacemakers don't realize that wi-fi, Bluetooth, and cordless phones emit the same type of radiation.

This type of radiation has been shown to cause DNA damage on the cellular level, which is carcinogenic, and is being used by pregnant women, infants, and children who were never considered in the original safety evaluation. In light of this disturbing disconnect between public awareness of the risks and preventative measures being taken, I think more care and consideration should be taken to evaluate both personal and public exposure limits, for the health and safety of all Americans.

Using thermal effects only to evaluate safety standards and ignoring documented non-thermal biological effects on a cellular level is akin to putting people in a burning house and determining that the environment is safe up until the fire actually starts

burning the occupants' skin. Common knowledge tells us that it is the toxic smoke that kills most people in a house fire, not the flames. I think in a similar way, the FCC should follow the lead of other countries like Canada, France, Israel, and Russia to re-evaluate the chronic, genetic, long-term effects this kind of constant microwave radiation will have on the survival of future generations.